

transmission from the reader and enabling reception of a message therein, . and  
(c) upon termination of said time window, disabling reception of data.

2. **(Amended)** The method according to Claim 1, wherein:

the ~~object~~-portable transceiver is one of a plurality of ~~object~~-portable transceivers each worn by a person to whom a short message is to be transmitted and each having a respective unique ID and being able to effect autonomous transmission to the reader, and

in step **(a)** each ~~object~~-portable transceiver transmits for a negligible fraction of its duty cycle thereby reducing a likelihood that two or more ~~object~~-portable transceivers will try to transmit simultaneously.

3. **(Amended)** The method according to Claim 1, wherein:

the ~~object~~-portable transceiver is one of a plurality of ~~object~~-portable transceivers each worn by a person to whom a short message is to be transmitted and each having a respective unique ID and being able to effect autonomous transmission to the reader, and

in step **(a)** each ~~object~~-portable transceiver has a randomly variable duty cycle thereby reducing a likelihood that two or more ~~object~~-portable transceivers will try to transmit simultaneously.

4. **(Amended)** A method for use with a data communications network comprising a server connected to a

plurality of readers in order to send a message using IR data communication to a portable ~~object~~ transceiver operating according to claim 1, said method comprising the following steps carried out by at least one of said readers:

- a) ~~(a)~~ awaiting receipt of a transmission from said portable ~~object~~ transceiver of a data packet, and
- b) ~~(b)~~ ~~during the time window opened thereby,~~ sending the message to the portable ~~object~~ transceiver from the respective reader in communication with the portable ~~object~~ transceiver during a time window opened thereby so as to be dependent on the transmission from the portable transceiver for allowing communication therewith.

5. **(Amended)** The method according to Claim 4, wherein the message is sent via the server and there are further included the step of:

- e) (a) locating the respective reader in communication with the portable ~~object~~ transceiver, and
- d) (b) sending the message from the server to the respective reader for onward transmission to the portable ~~object~~ transceiver.

6. **(Amended)** An ~~object~~ portable transceiver adapted for bi-directional IR data communication with a reader, the ~~object~~ portable transceiver comprising:

a motion sensor for producing a motion detect signal upon movement of the portable transceiver,

a transmitter coupled to the motion sensor for transmitting successive data packets to the reader at a rate that is dependent on whether the portable transceiver is stationary or moving; and

a timer responsive to termination of a transmission of each of said data packets, for opening a time window for receiving a transmission from the reader, and

a receiver for receiving messages only during said time window.

7. **(Amended)** The ~~object~~ portable transceiver according to Claim 6, including a micro-controller for controlling the transmitter to transmit for a negligible fraction of a duty cycle thereof, thereby reducing a likelihood that two or more ~~object~~ portable transceivers will try to transmit simultaneously.

8. **(Amended)** The ~~object~~ portable transceiver according to Claim 6, including a micro-controller ~~for~~ being adapted to randomly varying vary a duty cycle of the transmitter thereby reducing a likelihood that two or more ~~object~~ portable transceivers will try to transmit simultaneously.

9. **(Amended)** A reader for sending a message using IR data communication to a portable ~~object~~ transceiver, said reader comprising:

a receiver for receiving a transmission of a data packet from the portable ~~object~~ transceiver, and

a transmitter for sending the message to the portable ~~object-transceiver~~ during a ~~narrow~~-time window opened thereby;

wherein the transmitter is responsive to the received data packet from the portable transceiver for sending said message and is thus incapable of initiating autonomous communication with the portable transceiver.

10. (Amended) A ~~In the system comprising a server connected to a plurality of readers for sending a message using IR data communication to a portable object transeeiver, wherein the server is adapted to:~~ according to Claim 15, a method for communicating between a reader and a portable transceiver, said method comprising the following steps carried out by the server:

- (a) ~~locate~~-locating a respective one of said readers in communication with the portable ~~object-transceiver~~, and
- (b) ~~send~~-redirecting the message ~~from the server to the~~ respective reader for onward transmission to the portable ~~object-transceiver~~ during a ~~narrow~~-time window opened thereby.